

Self Care Checklist

DAILY BASIC/SOUL	M	T	W	T	F	S	S
① Write Gratitude Journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
② Get 8 hours sleep tonight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
③ Forgive Yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
④ Meditate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
⑤ Wash & cleanse my face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
⑥ Pause & Take a deep breathe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PHYSICAL/BODY	M	T	W	T	F	S	S
① Go on 30 min walk daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
② Do a workout-even if only 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
③ Hydrate-8 glass of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
④ Cook & Eat healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
⑤ Soak up in the bath with candles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
⑥ Stretch after working on my desk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WORK + BUSINESS/MIND	M	T	W	T	F	S	S
① Read 10 pages of book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
② Limit social media to 30 mins max	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
③ Take a 5 min break every hour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
④ Set daily goals, Tick them off	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
⑤ Learn something new	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
⑥ Listen to a podcast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THIS WEEK	THIS MONTH	THIS YEAR
① Do a facemask	① Go shopping	① Take 2 vacations
② Catch up with family	② Do some savings	② Reflect on your year
③ Have a night off	③ Get Mani+pedi	③ Create a vision board
④ Do household chores	④ Declutter your home	④ Deep clean the house
⑤ Talk with loved once	⑤ Try a new activity	⑤ Start healthy habit
⑥ Long soak in the Tub	⑥ Watch movie/TV show	⑥ Do yearly saving challenge

Self Care Checklist

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①	①	①	
②	②	②	
③	③	③	
④	④	④	
⑤	⑤	⑤	
⑥	⑥	⑥	

Monthly Self Care

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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

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30 DAYS

Self Care Challenge

DAY 1

Eat clean



DAY 2

Call an old friend



DAY 3

Reading



DAY 4

Stay hydrated



DAY 5

Dance



DAY 6

Compliment someone



DAY 7

Make a goal list



DAY 8

Cleaning



DAY 9

Smash likes



DAY 10

Warm bath



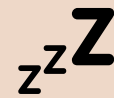
DAY 11

Make a new friend



DAY 12

Sleep Early



DAY 13

With family



DAY 14

Learn a new skill



DAY 15

Yoga



DAY 16

Celebrate



DAY 17

Listen a podcast



DAY 18

Watch the sunset



DAY 19

Play with your pet



DAY 20

Sit in nature



DAY 21

Watch a movie



DAY 22

Be a volunteer



DAY 23

Face Massage



DAY 24

Turn off the phone



DAY 25

Eat cupcake



DAY 26

Practice gratitude



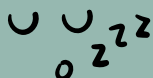
DAY 27

Dinner out



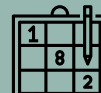
DAY 28

Take a nap



DAY 29

Finish puzzle/sudoku



DAY 30

Write a journal



30 DAYS

Self Care Challenge

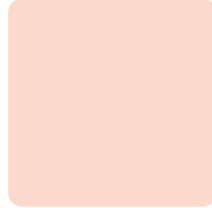
DAY 1



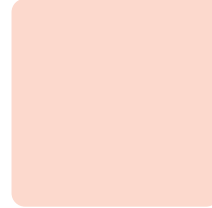
DAY 2



DAY 3



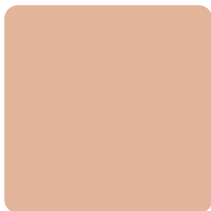
DAY 4



DAY 5



DAY 6



DAY 7



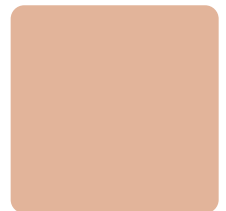
DAY 8



DAY 9



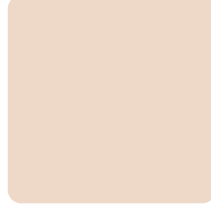
DAY 10



DAY 11



DAY 12



DAY 13



DAY 14



DAY 15



DAY 16



DAY 17



DAY 18



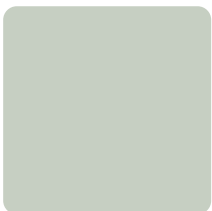
DAY 19



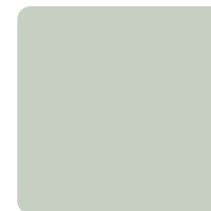
DAY 20



DAY 21



DAY 22



DAY 23



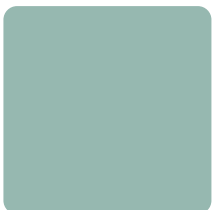
DAY 24



DAY 25



DAY 26



DAY 27



DAY 28



DAY 29



DAY 30



Self Care Ideas ♥

PHYSICAL

- Healthy eating
- Personal Hygiene
- Exercise
- Fun physical activity
- Regular sleep
- Medical checkup
- Physical appearance
- Rest after work
- Rest when sick
- Go for a walk

PSYCHOLOGICAL

- Practice a hobby
- Learn something new
- Read
- Challenge yourself
- Do something creative
- No-screen hour
- Alone time
- Delayed Gratification
- Go on a day trip
- Practice patience

EMOTIONAL

- Time with loved ones
- Reflect
- Express Feelings
- Feel the feelings
- Laugh
- Affirmations
- Respect Yourself
- Stress management
- Talk about problems

SPIRITUAL

- Meditate
- Pray
- Find meaning
- Priorities and values
- Stand by your morals
- Contemplate life
- Think about mortality
- Observe your thoughts
- Participate in a cause

SOCIAL

- Time with loved ones
- Stay in contact
- Meaningful Dialogue
- Have fun together
- Take a trip together
- Ask and offer help
- Meet new people
- Smile to stranger
- Be polite

PROFESSIONAL

- Stay in the loop
- Work on your skills
- Read relevant literature
- Get involved
- Prevent burnout
- Organize Workspace
- Plan the work
- Work on relationships

OTHER

- Dance like crazy
- Write down 10 things you are grateful for
- Buy yourself flowers
- Listen your favorite songs
- Step outside in fresh air
- Watch funny YouTube clip
- Soak in bubble bath
- Paint a picture
- Try Yoga
- Organise your wardrobe
- Go to the movies
- Cook a new meal
- Spend time with friends
- Light a candle
- Put on a face mask
- Go to your favorite place